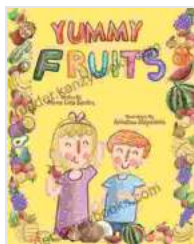


Yummy Fruits: A Delightful Literary Journey into the World of Fruits



Yummy Fruits by Mona Liza Santos

★★★★★ 5 out of 5

Language : English

File size : 19388 KB

Screen Reader : Supported

Print length : 43 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



By Mona Liza Santos

Unveiling the Hidden Stories of Fruits

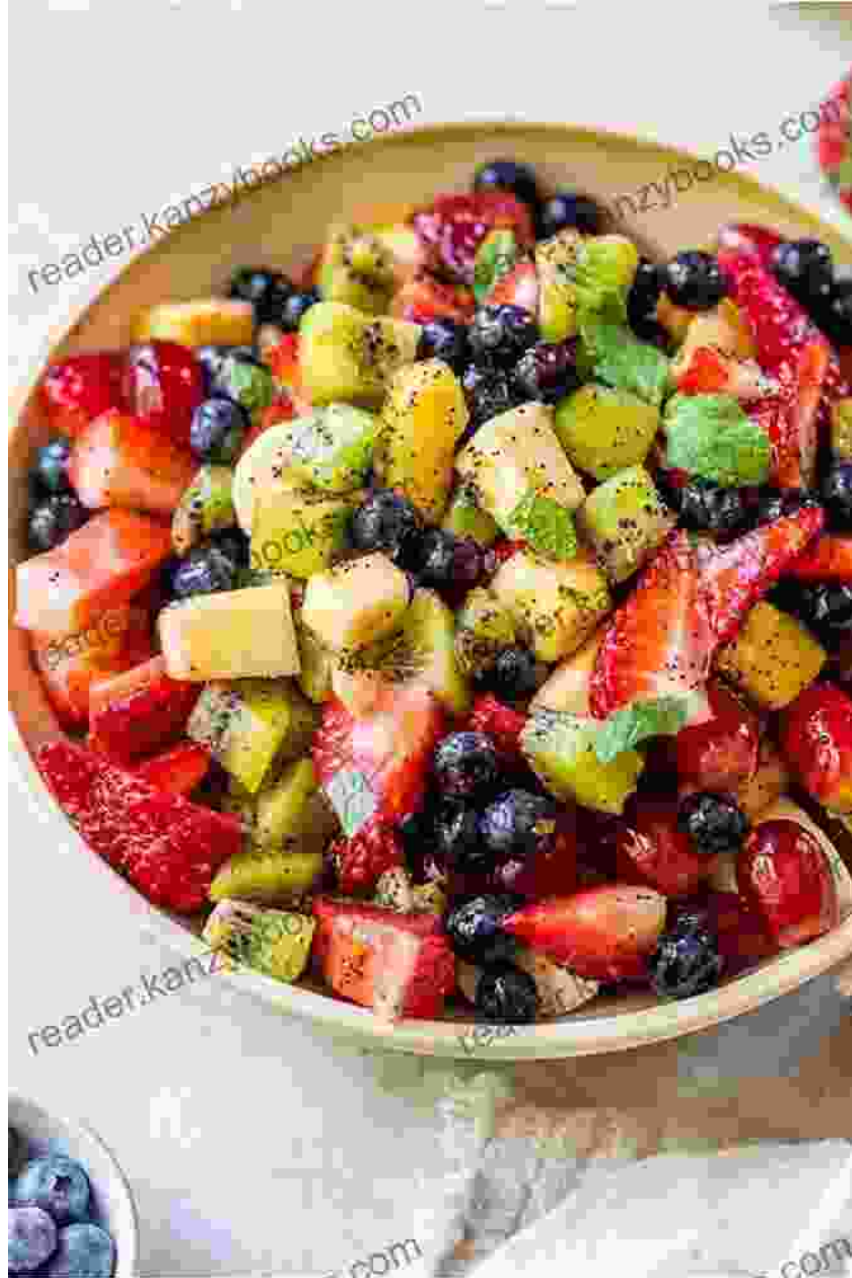
In "Yummy Fruits", Mona Liza Santos invites readers to embark on a captivating literary journey into the enchanting world of fruits. Through vivid storytelling and meticulous research, she unveils the hidden histories, cultural significance, and fascinating tales behind our favorite fruits. Discover how apples have played a pivotal role in shaping human civilization, the legends surrounding the forbidden pomegranate, and the mystical origins of the banana. Santos's captivating writing transports you to distant lands, introducing you to the people, traditions, and rituals that have shaped our relationship with fruits throughout time.



Exploring Culinary Delights from Around the Globe

"Yummy Fruits" is not just a book about history and culture; it's also a culinary adventure that will tantalize your taste buds. Santos takes you on a global expedition, showcasing the diverse ways fruits are prepared and enjoyed around the world. From the vibrant street food stalls of Southeast Asia to the elegant patisseries of France, she reveals the culinary secrets and traditional recipes that have made fruits an essential part of every

cuisine. Whether you're a seasoned chef or a home cook looking for inspiration, "Yummy Fruits" will inspire you with its innovative and mouthwatering dishes.



Discover culinary delights from around the world in "Yummy Fruits".

Unveiling the Nutritional Power of Fruits

Beyond their taste and cultural significance, fruits are also nutritional powerhouses. In "Yummy Fruits", Santos delves into the latest scientific research to reveal the remarkable health benefits of different fruits. From the antioxidant-rich berries to the heart-healthy avocados, she provides a comprehensive guide to the essential vitamins, minerals, and phytonutrients found in fruits. Discover how incorporating more fruits into your diet can boost your immunity, promote weight management, and reduce the risk of chronic diseases.

NUTRIENT	Amount	Function	Sources
 Protein	16g	Important for growth and development of your child; also important for making and repairing cells	Good sources include poultry, meat, fish, beans, nuts, dairy products and eggs
 Fiber	NA	Important for your overall health; also helps decrease the risk of Type 2 Diabetes, heart disease and high cholesterol later in life	Good sources include fresh fruits with the skin on, dried fruit, vegetables, beans/legumes, whole grains such as brown rice and whole wheat bread
 Calcium	800 mg	Important for strong bones; helps with muscle functioning, blood clotting, nerve transmission	Good sources include dairy products, leafy green vegetables, calcium fortified foods such as orange juice and tofu
 Iron	10 mg	Important for your child's growth; also important for carrying oxygen through the body, a lack of it can lead to fatigue	Good sources include poultry, meat, fish, eggs, raisins, leafy green vegetables, beans and enriched grains
 Vitamin A	2500 IU	Important for growth, functioning of the immune system and healthy skin	Good sources include dark green vegetables such as spinach, orange fruits and vegetables such as sweet potatoes and papayas, dairy products fortified with vitamin A such as milk, eggs
 Vitamin C	40 mg	Important for fighting off infections, recurrent ear infections; wound healing; keeping gums, skin and muscles healthy; aids in brain function; also an antioxidant	Good sources include citrus fruits, broccoli, strawberries, tomatoes, bell peppers, kale
 Vitamin D	190 IU	Important for strong bones and teeth because it helps with calcium absorption; also important in immune function	Good sources include fortified milk, fortified cereals, egg yolks and the sun (depending on latitude and time of year)

Values are based on Children Under 4 years of age

Capturing the Beauty of Fruits Through Photography

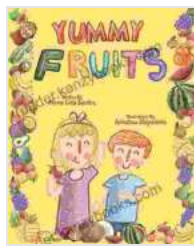
"Yummy Fruits" is not only a book filled with words; it's also a visual feast. Santos's passion for fruits extends to photography, and she has captured stunning images that showcase the vibrant colors, intricate textures, and breathtaking beauty of fruits. From close-up shots that reveal the delicate details of a strawberry to panoramic vistas of orchards, her photographs transport you into the heart of fruit-growing regions around the world. Each image is a work of art in its own right, celebrating the natural beauty and diversity of fruits.



"Yummy Fruits" features captivating photographs that showcase the beauty of fruits.

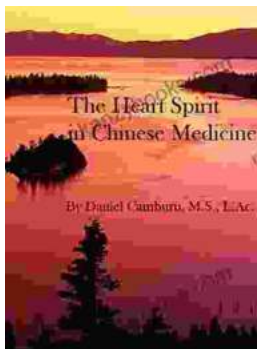
"Yummy Fruits" by Mona Liza Santos is a must-read for anyone who loves fruits, food, or simply wants to learn more about the natural world around us. This captivating book is a testament to the power of fruits to nourish our bodies, inspire our creativity, and connect us with cultures around the globe. Embark on this literary journey today and discover the enchanting world of fruits like never before.

Free Download your copy now and immerse yourself in the delightful world of fruits!



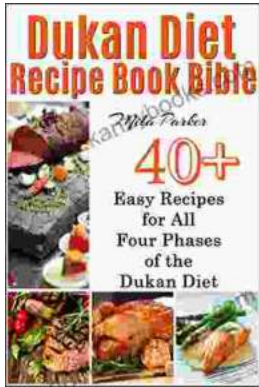
Yummy Fruits by Mona Liza Santos

★★★★★ 5 out of 5
Language : English
File size : 19388 KB
Screen Reader : Supported
Print length : 43 pages
Lending : Enabled



Unveiling the Heart-Mind Connection: A Comprehensive Guide to Chinese Medicine and the Heart Spirit

In the realm of ancient Chinese medicine, the heart is not merely an organ that pumps blood. It is the seat of the mind, the home of our...



The Dukan Diet Recipe Bible: Your Essential Guide to Effortless Weight Loss

Are you ready to embark on a transformative journey towards lasting weight loss? Look no further than the Dukan Diet Recipe Bible, your ultimate companion in achieving your...